

## ABSTRACT

A nutraceutical composition containing extracts of at least three or four herbs, wherein the first herb, which is optional, is *Hedysarum polybotrys* Hand.-Mazz. or  
5 *Astragalus membranaceus* Bge., the second herb is *Atractylodes macrocephala* kodiz, the third herb is *Ledebouriella seseloides* (hoffm.) Wolff, and the fourth herb is an anti-allergy herb. Also disclosed is a method of treating a disorder related to excessive secretion of histamine or interleukin-4 by using the extracts.

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